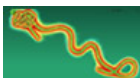


[SPECIAL COMBINATION PACKS](#) | [ABOUT](#) | [RECIPES](#) | [FAQS](#) | [SHARE](#) | [CONTACT](#)

Search product by name ▼

[View Cart](#)[HOME](#) | [NATURAL REMEDIES](#) | [VITAMINS & MINERALS ▼](#) | [NUTRITION ▼](#) | [WEIGHT LOSS ▼](#) | [MS ▼](#) | [HEART DISEASES ▼](#) | [DIABETES ▼](#)**EBOLA VIRUS - THE DEVASTATING EFFECTS ON THE HUMAN BODY - [CLICK HERE](#) FOR INFORMATION****FREE DELIVERY ON ORDERS WITHIN THE UNITED KINGDOM - [CLICK HERE](#) FOR INFO AND RATES OUTSIDE THE U.K.**

## MENU

Like 174

Share

- ▶ [Plants that fight fever](#)
- ▶ [6 foods that fight pain](#)
- ▶ [Food that reduce cholesterol](#)
- ▶ [10 Herbs that heal](#)
- ▶ [9 Reasons to eat apples](#)
- ▶ [5 Benefits of a Fruit Breakfast](#)
- ▶ [7 Reasons to give up sugar](#)
- ▶ [6 Ways to detox from Antibiotics](#)
- ▶ [4 Ways to go Vegan](#)
- ▶ [Enemy Foods](#)
- ▶ [14 Herbs of the Bible](#)
- ▶ [16 Benefits of Cayenne](#)
- ▶ [9 Herbs to treat and prevent Diabetes](#)
- ▶ [14 Herbs for natural beauty](#)
- ▶ [5 Herbs that protect your Heart](#)
- ▶ [14 Herbs for natural Beauty](#)
- ▶ [7 Reasons to drink water and lemon](#)
- ▶ [10 Superfoods to help improve Blood Circulation](#)

bike out



### 1 Avoid These 3 Foods - You've Been Eating for Years

Cut a bit of belly bloat each day by avoiding these 3 foods

1md.org



### 2 Arthritis Bad Foods List

Limit these foods to decrease arthritis pain and inflammation.

naturalhealthreports.net



### 3 How to flush belly bloat

What is the reason so many of us have digestive pains?

nucific.com



### 4 Top 5 Liver Cleanses

We rank the top products. Don't get scammed. Don't try anything before you read.

Liver Support Reviews



# 6 WAYS TO DETOX FROM ANTIBIOTICS

Whether you've been treated recently for a bacterial infection, or have been consuming large quantities of animal products, you likely have residual antibiotics in your system. Antibiotics can keep your body's digestive system from functioning properly by killing off the good bacteria found in your mouth, colon and stomach. Antibiotics have been linked to birth defects when ingested by pregnant mothers, and are being blamed for antibiotic-resistant superbugs. Eliminating excess antibiotics from your system can restore digestive balance and help your immune system fight disease.

## ELIMINATE THE SOURCE

The first step to getting antibiotics out of your system is to **stop ingesting them**. Animal products that are not organically produced have usually been treated with antibiotics, often shortly before they reach market. This includes dairy, eggs, meat, farm-raised fish and processed foods that contain animal products as ingredients. Never take prescription antibiotics unless you know you have a bacterial infection. Antibiotics do not work on viruses.

## EAT PLENTY OF ANTI-OXIDANT-RICH FOODS AND VITAMIN C

Anti-oxidants can enhance your immune system to help your liver flush antibiotic remnants from your cells and blood. You can reap the benefits of anti-oxidants by eating fruits and vegetables such as blueberries, prunes, bell peppers (red and green), strawberries, broccoli and beans. Eat at least two to three servings of these foods daily. You can also get anti-oxidants from vitamin C supplements. The recommended dosage for vitamin C is one 500 mg tablet once a day.



BLUEBERRIES



PRUNES



BELL PEPPERS



STRAWBERRIES



BROCCOLI



BEANS



VITAMIN C

## DRINK WATER

Drink at least two liters of clean water every day. Drinking enough water can help your liver and kidneys flush out the remnants of antibiotics and increase your metabolism while keeping your cells healthy. Always drink filtered or bottled water to avoid the harmful elements in tap water.



## TAKE GARLIC IN CAPSULE FORM

Allicin is the active ingredient in garlic that can help your kidneys and liver flush out toxins while cleaning your blood. The recommended dosage for garlic is one 500 mg capsule every day with food. For maximum benefit, you can also add garlic to your main dishes.



## RESTORE THE BENEFICIAL BACTERIA

Antibiotics kill not only the bad bacteria that cause disease, but also the good bacteria, especially intestinal bacteria (lactobacilli) that maintain your digestive system. Yogurt contains millions of lactobacilli that can help replenish the ones that the antibiotics killed. Consume natural yogurt on an empty stomach for maximum benefit.



## EXERCISE

Exercises that elevate your core temperature and increase your heart and respiratory rates will help your body to eliminate toxins such as antibiotics by forcing them out of your tissues and into your eliminatory system. Core exercises that stimulate the muscles surrounding your vital organs will encourage blood circulation to the organs. Your blood carries oxygen and nutrients to your cells and carries away toxins and metabolic waste.



**SUPERHERBALFOODS** herbal supplements for a healthy life



www.superherbalfoods.com

6 Comments

Sort by **Newest**

Add a comment...

**Sharon Marie Cunningham Conklin** · Salinas High School

Love all this info.very helpful and interesting ~.

Like · Reply · 1 · 4y

**Nancy Nichols** · Petsitter/ Dog Walker at Homebuddies Petsitter at Camp Bow Wow

Very helpful. I had MRSA and had to be on several rounds of hardcore antibiotics, boy I could feel the difference in my body - not good! I have been doing pretty much everything the article says to do since my body seemed to crave all of these. It's funny, if you listen to your body and recognize what it's telling you, it will lead you in the right direction. Your body has a tremendous ability to heal itself!

Like · Reply · 5 · 4y

**Steve Chiu** · Vancouver, British Columbia

yes AAAAAAAAA++++++.

Like · Reply · 4y

**Anna Henriquez Bonilla** · Ottawa, Ontario

Wow I was sick from a blood infection and hospital gave me lot of antibiotics and different ones but now I feel they are killing the in side of me Help

Like · Reply · 3y

**Deborah Burchett Blick**

I love the advice given here except for the part on restoring the beneficial bacteria to your gut. Eating yogurt will do very little to help with gut flora after antibiotic use. You need to be on probiotics for an extended period of time, 6 months to a year or more to help with this issue. They are finding that some people need to be on them indefinitely. I have had years of IBS caused by diverticulitis. I had a descending colectomy and have come to the conclusion that after years of antibiotics, I need to be on probiotics, probably for life. What has been recommended to me is MegaSporeBiotic. I will be trying these after the holidays and will hopefully be on the road to recovery after 20 + years of digestive issues.

Like · Reply · 3 · 3y

**Anna Henriquez Bonilla** · Ottawa, Ontario

I felt very bad very bad it took me a hole two months before i felt better

Like · Reply · 2y

[Facebook Comments plug-in](#)

COPYRIGHT © 2014 SuperHerbalFoods Ltd.

[Home](#) | [About](#) | [Herbs](#) | [Recipes](#) | [Diseases](#) | [You are what you eat](#)  
[Multiple Sclerosis](#) | [Heart Diseases](#) | [Diabetes](#)

[Delivery Info](#) | [Terms and Conditions](#) | [Faqs](#) | [Contact](#) | [Share Knowledge](#)